



CrossFit Chatswood Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
6:30am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
7:30 – 8:30am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
8am						CrossFit
9:30am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
10am						CrossFit
10:30am – 11:30am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
11:30am – 2pm	<i>By Appointment Only</i>					
2pm – 4pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
4pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
5pm – 5:30pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
5:30pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
6:30pm – 7pm	Open Gym	Open Gym	Open Gym	Open Gym		
7pm	CrossFit	CrossFit	CrossFit	CrossFit		